

Greetings from #1 Petteys Hall

Winter is here! It's been quite a busy semester, but I know some of the hardest work is in the next few weeks. I hope SSS has been able to support you here at Adams State this fall. Have you taken advantage of our tutoring? If not, check out the new Finals Week Drop in Tutoring. Wendy, Lauren, and I are also happy to look over a paper or help with any assignments you may have.

Even though we're all focusing on getting through the end of the semester and finals, Spring 2009 is coming, too. Have you registered for classes yet? Wendy and Lauren have been busy advising our undeclared students, but any of us are happy to look over your courses and talk about your progress. You can also start requesting

tutors for spring classes—see Lauren for details.

SSS has had a number of events in November, and I hope you were able to take advantage of some of them. The Summer Scholars Reunion Dinner at Calvillo's was a success—there were 35 of us in attendance. Read about the CSU Trip on page 2, and check out page 5 to see what events we have left this month.

November was also quite busy for those of us working on our Annual Report, which we just turned in to the Department of Education. We as a program are evaluated on 3 factors—how many of you graduate in 6 years, how many of you return to ASC each fall, and how many of your stay in good academic standing (above a 2.0). I think 2007-2008 was a solid year, and I know that 2008-



2009 will be even better. How do you think you're doing in these areas? Are you committed to getting a bachelor's degree from Adams State? Are you using the resources here in SSS and around campus to help you? If not, it's never too late to ask for help. We wish you the best of luck on your finals, and hope you're all studying hard!
-Brian Rauscher

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TRiO Facts—

- There are 15 other SSS programs at colleges and universities in the state of Colorado.
- The TRiO Programs were originally established by the federal government in 1965 to ensure equal educational opportunity for all Americans, regardless of race, ethnic background, or economic circumstance.

Office Hours

Monday	8:00am-6:00pm
Tuesday	8:00am-6:00pm
Wednesday	8:00am-6:00pm
Thursday	8:00am-6:00pm
Friday	8:00am-5:00pm



Contact Info

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FINALS WEEK Drop-In Tutoring Schedule

For students who are seeking additional help in courses during finals week, SSS is providing drop-in tutoring. Tutoring will take place Sunday through Wednesday (December 14-17). If you have questions, please contact Lauren, Peer Tutoring Coordinator at 719-587-8156.

Tutor:	Alonzo		Sandra	Bev
Time:	Sun.-2:00-5:00 Mon.-9:00-12:00 Tue.-9:00-12:00		Sun.-3:00-5:00 Mon.-3:00-5:00 Tue.-8:00-10:00	Sun.-5:00-8:00
Courses:	Math 095, 097, 099 Engl 101, 102 Psych 101, 204, 205 Soc 201		Math 095, 097, 099, Bio 203, 204, Chem 111, 131, 132, 321, 322	Math 095, 097, 099, 106 Engl 101, 102 Civ 101
Tutor:	Vanessa		Kenneth	
Time:	Mon.-12:00-2:00 Tue.-12:00-3:00 Wed.-12:00-3:00		Tue.-3:00-6:00 Wed.-10:00-12:00	
Courses:	Math 095, 097, 099 Psych 101, 211, 245 HPPE 226, Eng 101,102		Math 095, 099, 099	

SSS Summer Scholars Update

The 2009 Summer Scholars session has been set for July 12th-31st. If you are interested in working as an RA/Tutor, watch for applications in the Spring. If you would like to help recruit HS seniors who will be coming to ASC, see Brian. We will be taking spots for 40 incoming freshmen, as well as 5 RA/Tutor positions.

New Administrative Assistant



Hello, my name is Jesserai Valdez and I am the new Administrative Assistant for Student Support Services. I was born and raised in San Luis, CO and in 2002 I moved to

Colorado Springs to attend the University of Colorado. This past May I received a BS in Business Administration. Upon graduation, my husband and I decided to move back to the Valley to be close to family and raise our two beautiful children Brandon and Prasaesus. In my spare time I love spending time with family and doing anything that involves my children. I believe that SSS is a wonderful program and I am excited to be a part of it!

CSU Graduate Trip

SSS participants who are close to graduation were fortunate to visit Colorado State University (CSU) in a fun-filled, two day trip. They enjoyed a customized campus tour, visiting the library and recreation center. Participants spoke to individual departments and obtained information on graduate school and specific programs. All enjoyed a special lunch in the newest cafeteria on campus, the Ram's Horn, while talking to the Vice Provost of Graduate Schools. Participants got to know each other and share stories about past, present and future goals. Each reported receiving needed information on graduate programs, but were overwhelmed at the vast expanse of CSU. "This was such a fun trip," stated Crystal Mares, "I would love to go to school there."





SSS Tutor of the Month



Congratulations to Scott Aldridge for being selected as our Tutor of the Month for November 2008. Scott Aldridge tutors all levels of Science and has been assigned many upper level Science students. Currently, Scott tutors 15 students and is a full time student. Tutors

of the month are selected by the SSS Tutoring Coordinator. Please share your thoughts with Lauren about tutors you would like to receive this award.

Scott was born in Denver Colorado to Linda and Bruce on June 12, 1986. He has two older brothers, Ben and James, along with a younger sister Katie and a younger brother Andy. He attended Thunder Ridge High School and graduated in 2004. Scott was recruited to play football

for Adams State College and also joined the track team. He received his BA in Chemistry in 2008 and is currently taking graduate classes to get a Master's Degree in Education by 2009. Hobbies include snowboarding and camping. Scott "enjoys long walks on the beach despite not being by the ocean and now that he has been crowned tutor of the month he will end hunger and global warming all while cleaning oil off of baby seals from an oil tanker spill".

December Reminders

- 2009-2010 ASC Scholarship Applications are now available in SSS. We would be happy to help you get more money!
- Interested in becoming a tutor? We will be hiring more tutors for the Spring Semester. See Lauren for details.
- Register for Spring 2009—classes are filling up quickly!
- Study, study study...

SSS Student Profiles

Have you met....

Philip Ortega

From: Monte Vista, but before that he lived in many places.

Family: He has two brothers and says that his parents are very hard workers.

Career Goals: To become a high school music teacher and to have a good marching band.

Hobbies: In his spare time Philip likes to play the trumpet and is learning to fly commercial jets on K flight simulation.

Furthest He's Traveled: Atlanta, Georgia

Favorite Christmas Movie: A Christmas Story

During this past school year did you make any new friends?

Yeah a lot

Will you miss your friends when you leave campus for break?

He still lives at home but will miss them

Favorite Reindeer: The one in the front

For Christmas break, would you rather be stuck on campus in the snowing weather or here during a Salmonella outbreak?

Salmonella outbreak

Have you met...

Sandra Montoya

From: Cypress, California

Family: Is the oldest of four children. She has two sisters and one brother. Currently, she resides with her boyfriend where they have three dogs and two cats.

Career Goals: To obtain a masters in Biology and later teach high school Biology and coach cross country.

Hobbies: Run with her dogs, quilt, hike, cycle, camp, read and watch movies.

Furthest She's Traveled: Evansville, Indiana to watch the 2004 Division II cross country nationals.

Favorite Christmas Movie: A Christmas Story

Will you miss your friends when you leave campus for break?

She will miss her animals

Favorite Reindeer: Rudolph

For Christmas break, would you rather be stuck on campus in the snowing weather or here during a Salmonella outbreak?

She would rather be stuck on campus for Christmas break. Usually, she goes to California during break. She says that it is great here during Christmas because the town is almost empty. She and her sisters do all sorts of winter activities.





THE IMPORTANCE OF TAKING NOTES

Taking notes develops a sense of listening, allowing the reader to recognize main ideas and to understand the organization of the material.

Not only does the student record significant facts but the lecturer's emphases and perspectives are recorded as well.

- Lecture notes provide the clearest and best indication of what the student should encounter on the exam.

Taking lecture notes in class keeps the student's attention focused on the lecture, thereby increasing concentration, retention and understanding.

Taking notes in class makes the student an active participant in the learning process rather than a passive listener or daydreamer.

Taking notes in class means, most significantly, that you are present in class, a most honorable action to take as a serious student.

Taking notes helps the student sort out important information—by synthesizing and beginning the actual learning process the student is actually making the material his own.

The notes taken will become a study aid, an external memory device, and an instrument to aid in review and recitation. This process leads to long-term learning.

FACILITATING YOUR NOTETAKING

Attend class regularly. Arrive on time.

Keep up with reading assignments.

Organize your notetaking materials ahead of time and come mentally prepared.

OTHER IMPORTANT POINTS ABOUT NOTE-TAKING

Review your notes as soon as possible after class. ·

Review the notes from the previous class meeting while you sit and wait for the class to begin. Orient yourself for the upcoming lecture.

You will be able to take more relevant and complete notes. ·

Review each week's notes at the end of the week. Start preparing for the next unit test by spending 20 minutes each day throughout the time period assigned for that unit reviewing and reciting the relevant material. ·

Extensive studies have shown that one's recall rises immediately after a learning period, such as a lecture, and then declines rapidly until after about twenty-four hours, recall has diminished by about 80%. However, the decline in recall can be dramatically reduced if one reinforces the learning by a short review within one hour.

**The longer the period of time the greater the loss of recall;
the shorter the period of time, the lesser the loss of recall.**

What is the single most important way to prepare for a test?

Believe it or not, the single most effective way to prepare for a test is **recitation**.

Hearing your own voice summarizing the material and quizzing yourself on it will greatly reinforce your mental image of the subject.

Too many student think that the thing to do is to reread chapters. Boring! Right?

Studies have shown that about 80% of your study time can more profitably be spent in recitation rather than rereading.



December 2008



Final Exam Schedule

Monday, December 15, 2008

- 08:00 to 09:50 Classes regularly meeting at 15:00 M W F
- 10:00 to 11:50 Classes regularly meeting at 15:00 T R
- 13:00 to 14:50 Classes regularly meeting at 08:00 M W F
- 15:00 to 16:50 classes regularly meeting at 8:00 T R

Tuesday, December 16, 2008

- 08:00 to 09:50 Classes regularly meeting at 09:00 M W F
- 10:00 to 11:50 Classes regularly meeting at 09:00 T R
- 13:00 to 14:50 Classes regularly meeting at 10:00 M W F
- 15:00 to 16:50 Classes regularly meeting at 10:00 T R

Wednesday, December 17, 2008

- 08:00 to 09:50 Classes regularly meeting at 11:00 M W F
- 10:00 to 11:50 Classes regularly meeting at 11:00 T R
- 13:00 to 14:50 Classes regularly meeting at 13:00 M W F
- 15:00 to 16:50 Classes regularly meeting at 13:00 T R

Thursday, December 18, 2008

- 08:00 to 09:50 Classes regularly meeting at 12:00 M W F
- 10:00 to 11:50 Classes regularly meeting at 12:00 T R

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Course/ Faculty Rating	2 Course/ Faculty Rating	3 SSS- Stress Management SUB/A129 2:00pm	4 Course/ Faculty Rating	5 Course/ Faculty Rating	6 Course/ Faculty Rating
			Course/ Faculty Rating			
7 College Day at Wolf Creek	8 Course/ Faculty Rating	9 SSS- Test Anxiety SUB/A129 12:00 p.m.	10 Course/ Faculty Rating	11 SSS-Johnny Walker Musical Comedian Carson 7:00pm	12 Course/ Faculty Rating	13 Course/ Faculty Rating
Course/ Faculty Rating						
14	15 Finals	16 Finals	17 Finals	18 Finals Last day of school	19 NO Final Exam	20
21	22 No School	23 No School	24 No School Christmas Eve	25 No School Christmas day	26 No School	27
28	29 No School	30 No School				